

C1
a video controller, receiving the instructional signal and the real-time video signal and combining the received signals to form a composite video signal so that the resulting video image will superimpose an instructional image onto an image of the user engaged in the activity; and

a first display device displaying the composite video signal to the user in a manner that allows the user to perform the activity while viewing the displayed signal.

39. (Amended) The system of claim 38, wherein the first display device includes a head-mounted display.

40. (Amended) The system of claim 38, further including a second display device, coupled to the video controller, for displaying an annotated video signal; and

wherein the video controller includes circuitry for generating the annotated video signal from the real-time video signal.

C2
43. (Amended) The system of claim 38, further including an audio output; and wherein the video controller also includes circuitry for generating an aural signal for the audio output.

44. (Amended) The system of claim 43, wherein the audio output includes earphones.

C3
48. (Amended) A method for providing real-time instructional feedback of a user engaged in an activity comprising:

forming a real-time video signal of the user engaged in the activity;

generating an instructional signal;

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